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CALIFORNIA RESTAURANT ASSOCIATION

**UNITED STATES DISTRICT COURT  
NORTHERN DISTRICT OF CALIFORNIA  
OAKLAND DIVISION**

**E-FILED**

Jul 24, 2008 3:07 PM

David H. Yamasaki

Chief Executive Officer/Clerk

Superior Court of CA, County of Santa Clara

Case #1-08-CV-117885 Filing #G-9873

By M. Rosales, Deputy

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13

14 **SUPERIOR COURT OF THE STATE OF CALIFORNIA**

15 **COUNTY OF SANTA CLARA**

16 \_\_\_\_\_  
17 CALIFORNIA RESTAURANT ) Case No. 1-08-CV-117885  
ASSOCIATION, )  
18 Plaintiff, )  
19 v. )  
20 THE COUNTY OF SANTA CLARA and )  
THE SANTA CLARA COUNTY PUBLIC )  
HEALTH DEPARTMENT, )  
21 Defendants. )  
22 )  
23 )  
24 ) Date: August 15, 2008  
Action filed: July 22, 2008  
25 ) Time: 9:00 a.m.  
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1 I, STEPHANIE QUIRANTES, declare:

2 1. I provide this declaration in support of Plaintiff's Motion for Declaratory Relief and  
3 a Preliminary Injunction. If called as a witness, I could and would competently testify to the  
4 matters set out in this declaration.

5 2. I am the Nutrition Manager for Burger King Corporation ("BKC"). I have served as  
6 BKC Nutrition Manager for three months. I earned a Bachelors of Science in Dietetics and  
7 Nutrition from Florida State University in 1992, and I earned a Masters of Science in Nutrition at  
8 Florida International University in 2000. I have served as an adjunct professor at both Florida  
9 International University and Miami Dade County Community College, where I taught various  
10 nutrition-related classes. I have worked as a dietitian and nutritionist in a number of clinical  
11 settings. Most recently, before I took the position at BKC, I worked as a consultant in Nestle  
12 USA's nutritional division. I am Registered Dietitian.

13 3. As BKC's Nutrition Manager, I play an integral part in developing and implementing  
14 BKC's nutrition strategy. I serve as a resource for the company product development teams,  
15 suggesting ways to improve the nutrition content of particular foods and to ensure that the overall  
16 menu we offer to customers has a better, more healthful nutritional profile. I am also responsible  
17 for enhancing and improving BKC's nutrition information and education program to meet the needs  
18 of our customers who are increasingly interested in dietary issues.

19 **BKC's Approach to Providing Nutrition Information**

20 4. BKC has been providing nutrition information to customers for more than ten years.  
21 Each year we have provided more extensive nutrition and health information to consumers. Two  
22 facts support BKC's approach to providing nutrition information to consumers.

23 5. First, to achieve a healthy diet, consumers must account for several nutritional  
24 components while being physically active. While calories play an important role in weight  
25 management, most nutritionists agree that overemphasis on one or a few nutrients is unlikely to help  
26 consumers properly manage their diet or health. For instance, proper weight management requires  
27 controlling both calories consumed and calories expended in physical activity. Many overweight or  
28 obese individuals have more health concerns than just weight alone, such as diabetes, high blood

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1 pressure, and high cholesterol, all of which can play a role in the development of heart disease.  
2 Therefore, BKC seeks to make nutritional information meaningful by placing it in the context of  
3 customers' overall dietary needs. This approach is based on principles set forth in the 2005 U.S.  
4 Dietary Guidelines, a joint publication of the Department of Health and Human Services and the  
5 Department of Agriculture, which provides authoritative advice on proper dietary habits. A copy of  
6 the U.S. 2005 Dietary Guidelines is attached to the separate volume entitled "Appendix" (which  
7 accompanies this motion) at Tab A.

8       6. Second, the International Food Information Council (IFIC) Foundation has  
9 conducted two studies showing that there is a disconnect between consumers' general interest in  
10 eating healthier foods and controlling their weight, on the one hand, and their state of knowledge  
11 about the daily recommended intake of such nutrients, on the other hand. Researchers have found,  
12 for example, that nearly ninety percent of those studied could not correctly estimate the  
13 recommended number of calories per day for a person of their age and weight. See IFIC  
14 Foundation Food and Health Survey: Consumer Attitudes toward Food, Nutrition and Health 2006  
15 at 16-17 (copy attached to the Appendix at Tab B); IFIC Foundation 2007 Food and Health Survey:  
16 Consumer Attitudes toward Food, Nutrition and Health at 9-10 (copy attached to the Appendix at  
17 Tab C).

18       **BKC's Effort to Provide Nutrition Information to Customers**

19       7. Recognizing these facts, BKC has taken several steps to provide consumers with  
20 nutrition information and easy-to-use tools which enable them to use that information to manage  
21 their daily dietary needs.

22       8. First, BKC requires that each U.S. Burger King® restaurant post a comprehensive,  
23 easy-to-use nutrition poster in a prominent place in the dining area, usually at the end of the queue  
24 line. The nutrition poster, which is in full color and measures two feet by three feet, provides  
25 extensive nutrition information for all of our core menu items, including: name of the item, portion  
26 size (small, medium, large), serving size (in grams), calories, fat, saturated fat, trans fat, cholesterol,  
27 sodium, carbohydrates, dietary fiber, sugars, and protein. To assist those customers who are  
28 interested in more healthy options, the nutrition poster provides, for example, nutrition values of our

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1       Whopper® sandwiches both with and without mayonnaise, and of our salads with a choice of  
2 dressing. The nutrition poster also lists the ingredients for each menu item for those customers with  
3 food allergies.

4           9.       The nutrition poster contains a section entitled "What's Your Eating Strategy?"  
5 subtitled "Stay calorie conscious and eat like a king!" in which we advise consumers on how to use  
6 nutrient information to manage their caloric, fat and sodium intake, via the "Quick Nutrition  
7 Guide." The recommendations are based on recognized authorities, such as the American Heart  
8 Association and the 2005 U.S. Dietary Guidelines. The "What's Your Eating Strategy?" section  
9 also suggests various menu ideas for main course, side and beverage menu items and offers tips to  
10 consumers on Burger King® items that may be prepared in ways that lower their caloric and fat  
11 content. The nutrition poster makes these numbers meaningful by anchoring them to the Present  
12 Daily Values based on a 2000 calorie daily intake for these nutrients. The section reminds  
13 customers to balance calorie intake with their level of physical activity in order to properly manage  
14 their weight.

15           10.      Second, BKC's website at [www.bk.com](http://www.bk.com) contains an extensive section on nutrition,  
16 receiving an average of 76,866 visits per month. There, customers can access a variety of nutrition  
17 information.

18           a.        Customers can download materials containing the nutrition profile of each of  
19 BKC's core menu items, including calories, total fat, saturated fat, trans fat, cholesterol, sodium,  
20 carbohydrates, fiber, sugars and protein. These nutrition materials are attached to this Declaration  
21 as Exhibit A.

22           b.        Customers can use the interactive "Build A Meal" function where they plan a  
23 meal and the website calculates the meal's nutrition content. The "Build A Meal" site receives  
24 approximately 46,479 visitors a month.

25           c.        To give this information context, the website introduces several healthy  
26 eating strategies in the "Tools to eat well!" section, a copy of which is attached to this Declaration  
27 as Exhibit B. Here, we explain to customers the importance and ease of using MyPyramid.gov (the  
28 Department of Agriculture's interactive internet tool which helps customers follow the 2005 U.S.

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1 Dietary Guidelines) to plan their diet. We also remind customers that the key to weight  
2 management is maintaining an energy balance through caloric intake and physical exercise. We  
3 further suggest that they visit the “Meal Planning” website sections for additional assistance.

4           d.       In the website’s Meal Planning sections, we provide more detailed nutrition  
5 planning assistance, depending on each customer’s dietary need or interest in managing a particular  
6 nutrient – either calories, fat or carbohydrates. “Watching Calories?” provides information on  
7 Burger King® foods that fit into different calorie ranges; “Interested in Lowering the Fat?” gives  
8 food choices under 20 grams of fat, and “Counting Carbs” gives food choices that are low in carbs.  
9 Copies of these three sections are attached to this Declaration as Exhibit C. These Meal Planning  
10 sections provide tips on how to reduce consumption of the particular nutrient and point to Burger  
11 King® menu items consistent with this goal. In the “Eating Strategy” section (attached to this  
12 Declaration as Exhibit D), we reinforce the “What’s Your Eating Strategy?” information from the  
13 in-store nutrition poster, providing customers with a short list of healthier menu items along with  
14 their nutrition content and their Percentage Daily Values. This Eating Strategy section also  
15 hyperlinks customers to MyPyramid.gov, the 2005 U.S. Dietary Guidelines, and additional federal  
16 dietary guidelines for children. BKC is proud to be the first quick service restaurant that links  
17 directly to the government’s MyPyramid.gov site.

18           11.     Third, since March 2007, BKC has sponsored Healthy Dining Finder. Healthy  
19 Dining Finder is a public interest group created by nutritionists and public health experts. With  
20 partial funding by the Centers for Disease Control and Prevention, the group created a website  
21 featuring participating restaurants’ food items that meet the strict Healthy Dining criteria for  
22 nutritious food. Through the Healthy Dining Finder website at [healthydiningfinder.com](http://healthydiningfinder.com), consumers  
23 throughout the country can learn of the healthier food options available at nearby restaurants, along  
24 with the food items’ corresponding nutritional value. Currently, six of our menu items are listed on  
25 the Healthy Dining Finder website. The nutrition section of our website provides a hyperlink to the  
26 Healthy Dining Finder website. Our customers are using Healthy Dining Finder, with the Burger  
27 King® section receiving 83,102 hits since March 2007. We expect this number to increase as more  
28

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1 consumers become aware of the service. All Burger King® restaurants have received decals to  
2 display in their windows that Burger King® restaurants participate in Healthy Dining Finder.

3       12. Fourth, many Burger King® restaurants have available for consumers brochures  
4 which provide comprehensive information about the nutritional values of our menu items.  
5 Consumers can take the brochures home with them and refer to them as needed. Starting in August  
6 2008, our restaurants will be required to have these brochures available. A current brochure is  
7 attached to this Declaration as Exhibit E.

8       13. Fifth, BKC is providing tray liners containing the U.S.D.A.'s MyPyramid nutrition  
9 information and messages directed to children regarding good nutrition. We also suggest on the  
10 tray liners that customers visit our website to customize their menu choices through the "Build A  
11 Meal" function.

12       14. Finally, BKC offers customers more nutritious menu options. On its value meals  
13 (which are numbered combinations of main course, side dish and beverage and can be ordered by  
14 number), customers can, in many U.S. markets, replace French Fries with a side salad at no  
15 additional cost. For children's value meals, we offer a side of "Apple Fries" (fresh apple slices cut  
16 in the shape of a French fry) instead of French Fries, and milk or apple juice instead of soft drinks.  
17 Currently, we are offering a new children's meal which meets our strict nutrition criteria we  
18 developed for the Children's Food and Beverage Advertising Initiative in September 2007. We also  
19 offer customers the *BK Veggie® Burger* and meal size *Tendergrill™ Chicken Salads*. Customers  
20 may order a lower fat version of our *Whopper® sandwich* which omits the mayonnaise. Our poster  
21 specifically points out to customers the amount of calories and fat that can be saved by ordering  
22 many sandwiches without mayonnaise.

23 **Objections to Ordinance NS-300.793**

24       15. BKC strongly disagrees with Santa Clara County's Ordinance NS-300.793 (the  
25 "Ordinance") which requires us to isolate and post calorie information on menu boards in our  
26 restaurants. As most nutritionists know, overemphasis on any one nutrient such as calories can  
27 interfere with consumers obtaining a healthy, varied diet. Rather, BKC believes that nutrition  
28 information must be provided within the broader context of what it means to have a healthy diet,

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1 with an emphasis on consumers acquiring an energy balance while moderating intake of nutrients  
2 such as sodium, fats, trans fats and cholesterol. This holistic approach, well-established among  
3 nutrition experts, is a main focus of the 2005 U.S. Dietary Guidelines. It also guides how BKC and  
4 Burger King® restaurants currently provide nutrition information to customers.

5 16. While calories are important, BKC disagrees with the message that the Santa Clara  
6 County Ordinance requires us to communicate to our customers. Limiting the information on menu  
7 boards to a single nutrient as a guideline to the healthfulness of a particular food can be misleading  
8 and can cause consumers to make the wrong food choice for themselves. Some higher calorie food  
9 items have higher nutritional value than some lower calorie foods (e.g., 100% fruit juice or 1% low  
10 fat milk vs. diet soda). People need to consume a range of nutrients each day in order to achieve a  
11 healthy and balanced diet. Some low calorie foods have lower nutritional value than other foods  
12 with higher calories. By focusing solely on calories on the menu boards, the Ordinance can cause  
13 consumers to select foods that are of lower nutritional value. Consumers need a complete  
14 nutritional profile for food items in order to make the best selection.

15 17. Different consumers have different health and dietary needs. For example,  
16 consumers who are diabetic need to limit their carbohydrate intake. Focusing their attention  
17 exclusively on calories at the point of purchase – as Santa Clara County’s Ordinance would require  
18 Burger King® restaurants to do – could lead them to make a food choice that is wrong for them  
19 because it could lead them to select a food based on calorie count, rather than on carbohydrate  
20 count, which is the main nutrient that should be of concern to them.

21 18. Emphasizing the calorie count of foods alone and in isolation on the menu boards  
22 will undermine our carefully developed program to communicate nutrition information to our  
23 customers. Listing the calories on the menu boards will detract attention from the means of  
24 communication BKC has chosen to convey its nutritional message. If consumers in our restaurants  
25 see only a single number for calories next to a menu item on the menu board, they will read that  
26 number and will pay less attention -- or no attention at all -- to the nutrition posters which list  
27 comprehensive nutrition information for each menu item. Customers will attribute to BKC the  
28 message that calories are the most important nutrient and that a single calorie number is all they

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1 need to know. While this may be Santa Clara County's desired message, it is not the message that  
2 BKC wants to convey or with which it agrees. It is an oversimplified message, and one that does  
3 not have any sound scientific basis. Given the severe space limitations on menu boards, restaurants  
4 cannot feasibly include additional nutritional information (in addition to calories) on its menu  
5 boards in an effort to provide a more balanced and complete nutritional message to customers.  
6 While the Ordinance does not expressly preclude restaurants from posting additional nutritional  
7 information besides calories, on its menu boards, doing so would further increase menu board  
8 clutter and customer confusion, and possibly result in a loss of business.

9       19. In conclusion, BKC strongly opposes the Santa Clara County Ordinance. We think  
10 its requirements for menu boards overemphasize the significance of calories in achieving a healthy  
11 and balanced diet. We do not agree with the message it will force us to send to our customers. We  
12 believe it will undermine the nutritional message that we have carefully developed and chosen to  
13 send to our customers.

14           20. Attached to this Declaration as Exhibit F is a copy of Burger King Corporation's  
15 nutrition poster.

16 I declare under penalty of perjury of the laws of the State of California and the United States  
17 that the foregoing is true and correct.

18 Executed on July 15, 2008 at 4:00 pm.

  
Stephanie Quintero

## **EXHIBIT A**



## U.S. Nutritional Information

Excluding Richmond, VA, Charlotte, NC, Sacramento, CA, Kansas City, KS, Kansas City, MO  
Restaurants

	Core Menu Items July 2008										
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Sug Size (g)
<b>WHOPPER® Sandwiches</b>											
WHOPPER® Sandwich	680	40	11	1.5	75	1020	51	3	11	29	290
w/o Mayo	520	23	9	1	65	880	51	3	11	28	269
WHOPPER® Sandwich with Cheese	770	48	16	1.5	100	1450	52	3	11	33	315
w/o Mayo	610	30	14	1.5	85	1310	52	3	11	33	294
DOUBLE WHOPPER® Sandwich	920	58	19	2.5	140	1100	51	3	11	48	373
w/o Mayo	760	41	16	2	130	960	51	3	11	48	352
DOUBLE WHOPPER® Sandwich with Cheese	1010	66	24	2.5	160	1530	52	3	11	53	398
w/o Mayo	850	48	21	2.5	150	1390	52	3	11	53	376
TRIPLE WHOPPER® Sandwich	1160	76	27	3	205	1170	51	3	11	68	456
w/o Mayo	1000	59	24	3	190	1030	51	3	11	68	434
TRIPLE WHOPPER® Sandwich With Cheese	1250	84	32	3.5	225	1600	52	3	11	73	480
w/o Mayo	1090	66	29	3	215	1460	52	3	11	73	459
WHOPPER JR.® Sandwich	370	21	6	0.5	40	570	31	2	6	16	158
WHOPPER JR.® Sandwich w/o Mayo	290	12	4.5	0.5	35	500	31	2	6	16	147
WHOPPER JR.® Sandwich with Cheese	420	25	8	1	50	780	32	2	6	18	170
w/o Mayo	340	16	7	0.5	45	710	31	2	6	18	149
Bacon (1 Strip)	15	1	0	0	5	50	0	0	0	1	2.5
<b>Flame-Broiled Burgers</b>											
Hamburger	290	12	4.5	0.5	35	560	30	1	6	15	121
Cheeseburger	340	16	7	0.5	45	780	31	1	6	18	133
Double Hamburger	420	22	9	1	65	600	30	1	6	26	164
Double Cheeseburger	510	29	14	1.5	90	1030	31	1	6	30	189
BK™ Double Stacker	620	39	16	1.5	105	1100	32	1	5	34	190
BK™ Triple Stacker	820	55	23	2	160	1450	33	1	5	49	250
BK™ Quad Stacker	1010	70	30	3	210	1800	34	1	6	64	311
Steakhouse Burger	950	59	21	2	140	1950	55	4	12	40	329
Loaded Steakhouse Burger	970	55	22	2	155	2190	63	5	12	46	339

	Calories	Total fat (g)	Saturated Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size(g)
<b>Chicken, Fish, Veggie&amp; Kids</b>											
TENDERGRILL® Chicken Sandwich (with Mayo)	490	21	4	0	55	1250	51	3	7	26	256
w/o Mayo	390	9	2	0	50	1160	51	3	7	26	242
TENDERCRISP® Chicken Sandwich (with Mayo)	780	43	8	4	75	1590	67	3	8	33	284
w/o Mayo	570	20	4.5	3.5	60	1400	67	3	3	33	256
Original Chicken Sandwich	650	38	7	2.5	70	1190	48	2	4	27	219
w/o Mayo	430	15	3.5	2.5	55	1010	48	2	4	26	190
Spicy CHICKN CRISP™ Sandwich	480	30	6	2	45	850	30	2	4	22	144
w/o Mayo	320	13	3	1.5	35	710	30	2	4	21	122
CHICKEN TENDERS® Kid's Meal (4 pc)	190	11	3	1.5	25	440	9	0	0	12	62
CHICKEN TENDERS® (5 pc)	230	14	3.5	2	35	540	11	1	1	0	77
CHICKEN TENDERS® Big Kid's Meal (6 pc)	280	17	4	2.5	40	650	13	1	1	18	92
CHICKEN TENDERS® (8 pc)	370	23	6	3.5	55	870	18	1	1	24	123
KRAFT® Macaroni and Cheese	180	7	2	0	15	460	22	0	7	7	113
Barbecue Dipping Sauce (1 oz)	40	0	0	0	0	310	11	0	10	0	28
Honey Mustard Dipping Sauce (1 oz)	90	6	1	0	10	180	8	0	7	0	28
Sweet and Sour Dipping Sauce (1 oz)	45	0	0	0	0	55	11	0	10	0	28
Ranch Dipping Sauce (1 oz)	140	15	2.5	0	5	95	1	0	1	1	28
BK™ CHICKEN FRIES (6 pc)	270	16	3.5	3	30	760	17	1	1	14	85
BK™ CHICKEN FRIES (9 pc)	400	24	6	4.5	45	1130	25	1	1	20	128
BK™ CHICKEN FRIES (12 pc)	530	32	7	6	55	1510	33	1	1	27	170
Buffalo Dipping Sauce (1 oz)	80	8	1.5	0	5	360	2	0	1	0	28
BK BIG FISH® Sandwich	640	32	6	2.5	65	1450	67	3	9	24	249
w/o Tartar Sauce	470	13	3	2	50	1230	65	3	7	23	220
w/ Cheese	420	16	2.5	0	5	1100	46	7	8	23	215
w/o Mayo	470	20	5	0	20	1320	47	7	9	25	228
BK VEGGIE® Burger	340	8	1	0	0	1030	46	7	8	23	205
<b>Side Orders</b>											
BK™ Fresh Apple Fries	25	0	0	0	0	0	0	6	1	5	57
Caramel Sauce	35	0	0	0	0	25	9	0	5	0	14
Onion Rings - Small	140	7	1.5	1	0	210	18	2	2	4	43
Onion Rings - Medium	310	15	3.5	2.5	0	440	37	3	4	6	91
Onion Rings - Large	440	22	4.5	4	0	620	53	5	7	7	130
Onion Rings - King	500	25	5	4.5	0	720	62	5	7	7	150
Zesty Onion Ring Dipping Sauce (1 oz)	150	15	2.5	0	15	210	3	<1	2	0	28
CHEESEY TOTS™ Potatoes - (6 pc)	210	12	4.5	2	20	650	20	2	1	7	77
CHEESEY TOTS™ Potatoes - (9 pc)	320	18	7	3	30	970	30	2	2	10	115
CHEESEY TOTS™ Potatoes - (12 pc)	430	24	9	4	40	1300	40	3	2	14	153
French Fries - Small (Salted)	230	13	3	3	0	380	26	2	1	2	74
French Fries - Medium (Salted)	360	20	4.5	4.5	0	590	41	4	1	4	116
French Fries - Large (Salted)	500	28	6	6	0	820	57	5	1	5	160
French Fries - King (Salted)	600	33	8	7	0	990	69	6	2	6	194
French Fries - Small (Salt not added)	230	13	3	3	0	240	26	2	1	2	74

French Fries - Medium (Salt not added)*	360	20	4.5	4.5	0	380	41	4	1	4	116
French Fries - Large (Salt not added)*	500	28	6	6	0	530	57	5	1	5	160
French Fries - King (Salt not added)*	600	33	8	7	0	640	69	6	2	6	194

	Calories	Total fat (g)	Saturated Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Total Protein (g)	Sug Size (g)
<b>Salads (w/out dressing or garlic parmesan croutons)</b>											
Side Garden Salad	15	0	0	0	0	0	3	1	1	1	98
TENDERGRILL™ Chicken Garden Salad	220	10	4	0	60	790	11	3	3	23	292
TENDERCRISP® Chicken Garden Salad	400	21	6	3.5	70	1030	27	4	5	30	306
Garden Salad (no chicken)	90	5	2.5	0	15	125	7	3	3	5	184
<b>Salad Dressings &amp; Toppings &amp; Condiments</b>											
KEN'S® Light Italian Dressing (2 oz)	120	11	1.5	0	0	440	5	0	4	0	57
KEN'S® Ranch Dressing (2 oz)	190	20	3	0	20	560	2	0	1	1	57
KEN'S® Creamy Caesar Dressing (2 oz)	210	21	4	0	25	610	4	0	3	3	57
KEN'S® Honey Mustard Dressing (2 oz)	270	23	3	0	20	510	15	0	14	1	57
KEN'S® Fat Free Ranch Dressing (2 oz) (Restaurant Option)	60	0	0	0	0	740	15	2	5	0	57
Garlic Parmesan Croutons	60	2	0	0	0	120	9	0	1	1	14
Ketchup (Packet)	10	0	0	0	0	125	3	0	2	0	10
Mayonnaise (Packet)	80	9	0.5	0	10	75	1	0	0	0	12
<b>Desserts</b>											
Dutch Apple Pie	320	12	5	0	0	290	47	1	23	2	107
HERSHEY'S Sundae Pie	310	19	12	0	10	220	32	1	22	3	79
<b>Breakfast</b>											
CROISSAN'WICH® Egg & Cheese	300	17	6	2	145	740	26	<1	5	12	115
CROISSAN'WICH® Sausage & Cheese	370	25	9	2	50	810	23	<1	4	14	106
CROISSAN'WICH® Sausage, Egg & Cheese	470	32	11	2.5	180	1060	26	<1	5	19	159
CROISSAN'WICH® Ham, Egg & Cheese	340	18	6	2	160	1230	26	1	6	18	149
CROISSAN'WICH® Bacon, Egg & Cheese	340	20	7	2	155	890	26	<1	5	15	122
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	680	51	18	3	220	1590	26	1	6	29	215
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	430	27	10	2	175	1250	27	<1	6	21	142
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese	420	23	9	2	185	2210	27	1	7	27	196
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	550	39	14	2.5	200	1420	27	1	6	25	179
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	420	24	9	2	180	1600	27	1	7	24	169
DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese	550	37	14	2.5	205	2040	27	1	6	28	206
Cheesy Bacon BK™ WRAPPER	390	24	8	1.5	150	1080	29	1	2	14	137
Enormous Omelet Sandwich	730	45	16	1	330	1940	44	2	8	37	266
Ham Omelet Sandwich	290	13	4.5	0	85	870	33	1	8	13	118
Sausage Biscuit	390	26	8	5	35	1020	28	1	2	12	118
Ham, Egg, & Cheese Biscuit	390	22	7	5	145	1410	31	1	4	16	156
Sausage, Egg, & Cheese Biscuit	530	37	12	6	175	1490	31	1	4	20	183
Bacon, Egg & Cheese Biscuit	410	25	8	5	150	1320	31	1	4	16	146
Hash Browns - Small	260	17	4.5	5	0	500	25	2	0	2	84
Hash Browns - Medium	430	28	8	9	0	830	42	4	0	4	140

	Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Sug Size (g)
Hash Browns - Large	620	40	11	13	0	1200	60	6	1	5	202
CHEESE TOTS™ Potatoes - See Side Orders	390	18	5	4	20	560	51	2	19	7	108
Cini-minis (4 minis)	110	3	0.5	0.5	0	40	21	0	20	0	28
Vanilla Icing (for Cini-minis)	240	13	2.5	2	0	260	26	1	6	4	65
French Toast Sticks (3 piece)	390	22	4.5	3	0	440	43	2	9	7	109
French Toast Sticks (5 piece)	30	0	0	0	0	0	7	0	6	15	12
Strawberry or Grape Jam	80	0	0	0	0	20	21	0	14	0	28
Breakfast Syrup											
<b>Shakes, Milk, &amp; Iced Coffee</b>											
Mocha BK JOE® Iced Coffee	380	10	6	0	40	290	66	1	63	6	452
HERSHEY®'S 1% Low Fat Milk (8 fl oz)	110	2.5	1.5	0	10	130	13	0	12	8	244
HERSHEY®'S 1% Low Fat Chocolate Milk (8 fl oz)	180	2.5	1.5	0	15	140	31	1	29	9	250
Vanilla Milk Shake - Value (12 fl oz)	310	11	7	0	45	180	44	0	43	6	228
Vanilla Milk Shake - Small (16 fl oz)	400	15	9	0	60	240	57	0	55	8	296
Vanilla Milk Shake - Medium (22 fl oz)	560	21	13	0.5	85	330	79	0	77	11	412
Vanilla Milk Shake - Large (32 fl oz)	820	30	19	1	125	490	117	<1	114	16	608
Chocolate Milk Shake - Value (12 fl oz)	370	11	7	0	40	260	61	1	59	6	245
Chocolate Milk Shake - Small (16 fl oz)	470	14	9	0	55	320	75	1	72	8	315
Chocolate Milk Shake - Medium (22 fl oz)	690	20	12	0	75	480	114	2	110	11	447
Chocolate Milk Shake - Large (32 fl oz)	950	29	19	0.5	115	640	151	2	146	16	640
Strawberry Milk Shake - Value (12 fl oz)	360	10	7	0	40	180	60	0	58	6	244
Strawberry Milk Shake - Small (16 fl oz)	460	14	9	0	55	240	73	0	71	7	314
Strawberry Milk Shake - Medium (22 fl oz)	660	19	12	0	75	330	111	0	109	10	444
Strawberry Milk Shake - Large (32 fl oz)	930	28	18	0.5	115	490	148	<1	145	15	637
OREO® BK™ Sundae Shake - Vanilla - Small (16 fl oz)	610	24	16	0.5	60	400	87	1	78	9	351
OREO® BK™ Sundae Shake - Vanilla - Medium (22 fl oz)	830	33	20	1	85	570	119	2	105	13	479
OREO® BK™ Sundae Shake - Vanilla - Large (32 fl oz)	680	24	15	0.5	55	480	105	2	95	9	369
OREO® BK™ Sundae Shake - Chocolate - Small (16 fl oz)	960	32	20	0.5	75	720	154	3	138	13	515
OREO® BK™ Sundae Shake - Chocolate - Medium (22 fl oz)	660	23	15	0.5	55	380	103	1	94	9	367
OREO® BK™ Sundae Shake - Strawberry - Small (16 fl oz)	940	31	19	0.5	75	550	151	2	136	12	512

**Footnote for BK VEGGIE® Burger:** \*\*Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the "Salt not added-French Fries". To reduce sodium, you can order french fries without added salt.

### Beverages

				COCA COLA® CLASSIC†				SPRITE®‡					
				Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King
<b>*Beverage Cup Serving Sizes:</b>	<b>fl oz</b>	<b>Cup Serving Size*:</b>	<b>Kid's</b>	12	140	200	290	390	110	140	200	290	390
<b>Calories</b>	<b>Kid's</b>	<b>Calories</b>	<b>Carbohydrate (g)</b>	30	39	53	79	104	29	39	53	79	104
<b>Small</b>	<b>16</b>	<b>Calories</b>	<b>Sugar (g)</b>	30	39	53	79	104	29	39	53	79	104
<b>Medium</b>	<b>22</b>	<b>Calories</b>	<b>Sodium (mg)</b>	0	0	0	5	10	25	30	45	65	85
<b>Large</b>	<b>32</b>	<b>Calories</b>	<b>Sodium (mg)</b>										
<b>King</b>	<b>42</b>	<b>Calories</b>	<b>DR. PEPPER®‡</b>										
<b>Cup Serving Size*:</b>	<b>fl oz</b>	<b>Cup Serving Size*:</b>	<b>Kids</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>	<b>King</b>	<b>Kids</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>	<b>King</b>	
<b>Calories</b>	<b>Kid's</b>	<b>Calories</b>	<b>Carbohydrate (g)</b>	110	140	190	280	380	0	0	0	0	5
<b>Carbohydrate (g)</b>	<b>Small</b>	<b>Carbohydrate (g)</b>	<b>Sugar (g)</b>	29	39	52	78	104	0	0	0	0	0
<b>Sugar (g)</b>	<b>Medium</b>	<b>Sugar (g)</b>	<b>Sodium (mg)</b>	29	39	52	78	104	0	0	0	0	0
<b>Sodium (mg)</b>	<b>Large</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	25	35	50	70	95	10	15	20	25	35
<b>King</b>	<b>42</b>	<b>Protein (g)</b>	<b>DR. PEPPER®‡</b>										
<b>BK JOE™ Regular Coffee†</b>		<b>BK JOE™ Regular Coffee†</b>						<b>BK JOE™ Turbo Coffee†</b>					
<b>Cup Serving Size:</b>	<b>fl oz</b>	<b>Cup Serving Size*:</b>	<b>Small</b>	<b>Med</b>	<b>Large</b>	<b>Small</b>	<b>Med</b>	<b>Large</b>	<b>Small</b>	<b>Med</b>	<b>Large</b>	<b>Small</b>	<b>Med</b>
<b>Small</b>	<b>12</b>	<b>Calories</b>	5	10	10	10	10	15	5	5	5	5	5
<b>Medium</b>	<b>16</b>	<b>Calories</b>	1	1	2	1	2	2	0	1	1	1	1
<b>Large</b>	<b>21</b>	<b>Calories</b>	0	0	0	0	0	0	0	0	0	0	0
<b>Sugar (g)</b>		<b>Sugar (g)</b>	0	0	0	0	0	0	0	0	0	0	0
<b>Sodium (mg)</b>		<b>Sodium (mg)</b>	15	20	25	20	30	40	5	10	10	10	10
<b>Protein (g)</b>		<b>Protein (g)</b>	1	1	1	1	1	2	0	1	1	1	1
<b>MINUTE MAID® Apple Juice</b>	<b>6.67 oz</b>	<b>MINUTE MAID® Orange Juice</b>	<b>8 oz</b>	<b>NESTLE® PURPLE LIFE®</b>	<b>16 fl oz</b>	<b>NESTLE® COCA COLA</b>	<b>16 fl oz</b>	<b>ICEE® MINUTE MAID® Cherry</b>	<b>16 fl oz</b>	<b>ICEE® COCA COLA</b>	<b>16 fl oz</b>	<b>ICEE® MINUTE</b>	
<b>Cup Serving Size:</b>				<b>Small</b>	<b>Med</b>	<b>Large</b>	<b>Small</b>	<b>Med</b>	<b>Small</b>	<b>Med</b>	<b>Large</b>	<b>Small</b>	<b>Med</b>
<b>Small</b>				140	0	0	110	140	110	140	110	140	140
<b>Medium</b>				33	0	0	31	40	31	40	31	40	40
<b>Large</b>				30	0	0	31	40	31	40	31	40	40
<b>Sugar (g)</b>		<b>Sugar (g)</b>		21	30	0	10	10	5	10	5	10	10
<b>Sodium (mg)</b>		<b>Sodium (mg)</b>		15	20	0	0	0	0	0	0	0	0
<b>Protein (g)</b>		<b>Protein (g)</b>		0	2	0	0	0	0	0	0	0	0
<b>Vitamin C (mg)</b>		<b>Vitamin C (mg)</b>		60	42	0	0	0	0	0	0	0	0
<i>These Beverages do not contain fat, saturated fat, trans fat, cholesterol, or fiber.</i>												Refer to Beverage Cups for fl oz	

**Footnote for Beverages "‡":** These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.

## **EXHIBIT B**



## Tools to eat well!

Need some guidance for your diet? Here are some tools to help you eat well!

- Check out [www.MyPyramid.gov](http://www.MyPyramid.gov) for guidance on what kinds of foods make up a healthful diet. This Web site offers tools to guide you on the suggested amount of calories for you based on age, gender and activity level. It has many tools and features, including:
  - Suggested amounts from the food groups that will help you achieve your calorie recommendation without going overboard
  - Tips and information about all the food groups
  - Tips on increasing your physical activity
  - Guidance on discretionary calories
  - A Meal Tracking Worksheet
  - MyPyramid Tracker will allow you to self assess your diet. It's fun and easy!
  - To make it easy for you, we have included a link that will take you to the MyPyramid Web site on our main Nutrition page.
- Remember, physical activity and calorie balance is essential to any weight loss or weight maintenance program!
- Check out our Meal Planning sections before you dine at a BURGER KING® restaurant to help you stay on track with your dietary goals (see main Nutrition page for these topics).
  - **Watching Calories?** – The "Calorie" section provides information on BURGER KING® foods that fit into different calorie ranges.
  - **Interested in Lowering the Fat?** – The "Fat" section gives food choices under 20 grams of fat.
  - **Counting Carbs?** – The "Carb" section gives you food choices that are low in carbs.
  - **Eating Strategies** has:
    - BURGER KING® Meal ideas that are moderate in calories
    - Quick Nutrition Guide for different ages
    - Nutrition Tips and Resources
- We are proud to participate in Healthy Dining Finder [www.healthydiningfinder.com](http://www.healthydiningfinder.com) with a selection of our menu items that meet Healthy Dining's nutrition criteria\*. We have included information throughout the Nutrition Section of our website to alert you to items that are featured on this website. (\*Entrees contain 750 calories or less, 25 fat grams or less, and 8 grams of saturated fat or less. Side dishes, appetizers, and desserts contain 250 calories or less, 8 fat grams or less, and 3 grams of saturated fat or less.)

We hope this information will be helpful to you! We thank you for your business and are glad we can help you meet your dietary goals. Everyone is different and has different dietary needs, for more specialized dietary advice, please visit a Registered Dietitian (RD) or Nutritionist in your area. Some health insurance plans provide some coverage for such visits, check with your health provider.

## **EXHIBIT C**



# Interested in lowering the fat?

## HAVE IT YOUR WAY® Salads:

- Side Garden Salad w/ KEN'S® Light Italian Dressing (11g fat)
- TENDERGRILL™ Chicken Garden Salad w/ KEN'S® Light Italian Dressing (20g fat)  
\*Garlic Parmesan Croutons - add 2 g fat
- \*\* Participating restaurants may have KEN'S® Fat Free Ranch Dressing available

## Fat Conscious Choices (under 20g):

- BK VEGGIE® Burger w/o mayo (8g)
- TENDERGRILL® Chicken Sandwich, no mayo (7g)
- WHOPPER JR.® Sandwich w/o mayo (12g)
- Hamburger (12g)
- CHICKEN TENDERS® - 5 pc + Barbecue Dipping Sauce (11g)
- BK BIG FISH® Sandwich w/o Tartar Sauce (13g)
- BK™ Chicken Fries - 6 pc (no sauce) (16g)
- BK VEGGIE® Burger (16g)
- Cheeseburger (16g)
- Original Chicken Sandwich w/o mayo (15g)
- Add fruit with BK™ Fresh Apple Fries (0g)
- CROISSAN'WICH® w/ Egg & Cheese (17g) or CROISSAN'WICH® w/ Ham, Egg, & Cheese (18g)
- Ham Omelet Sandwich (13g)
- Updated July 2008

BK VEGGIE



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## Tips for Reducing your Fat Intake:

**CUT THE MAYO** - order your sandwiches with mustard &/or ketchup instead of mayo

**SKIP THE CHEESE** - just one slice of cheese adds 4 grams of fat

**GO GREEN** - order a side salad with your sandwich instead of fries

**USE LESS DRESSING** - Avoid using all the salad dressing packet, this can cut calories & fat!

**DIP IN THESE SAUCES** - Pick BBQ or Sweet & Sour Dipping Sauces (0g of fat)

**HAM IT!** - choose ham instead of sausage on your breakfast sandwich (14 g saved!)

**CUT THE CREAM** - order your coffee black



# Counting Carbs?

If you are on a carb-conscious diet, you can HAVE IT YOUR WAY® and order your favorite WHOPPER® sandwich without the bun. You'll really be able to experience the great fire-grilled taste of our burgers.

## Low Carb Options (each under 10g\* of carbs):

- Low Carb WHOPPER® Sandwich\* • (3g)
- Low Carb WHOPPER® Sandwich w/ cheese\* • (5g)
- Low Carb DOUBLE WHOPPER® Sandwich\* • (3g)
- Low Carb DOUBLE WHOPPER® Sandwich w/ cheese\* • (5g)
- Low Carb WHOPPER JR.® Sandwich\* • (1g)
- Low Carb WHOPPER JR.® Sandwich w/ cheese\* • (2g)
- Low Carb BK™ Double Stacker Sandwich\* (5g)
- Low Carb BK™ Triple Stacker Sandwich\* (6g)
- Low Carb BK™ Quad Stacker Sandwich\* (6g)



## Carb-Conscious Chicken, Fish, & Veggie Choices:

- TENDERGRILL™ Chicken Garden Salad, KEN'S® Light Italian Dressing w/o Garlic Parmesan Croutons (13g)
- CHICKEN TENDERS® - 5 piece w/ Ranch dipping sauce (12g)
- CHICKEN TENDERS® - 8 piece w/o dipping sauce (18g)
- Low Carb TENDERGRILL® Chicken Sandwich • \* (3g)
- Low Carb BK VEGGIE® Burger\* • (19g)
- Low Carb New BK BIG FISH® \* (served with lettuce and tartar sauce) (20g)

\**w/o mayo, ketchup, and bun*

Updated July 2008

• *served w/ lettuce, and tomato*

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## Carb-Conscious Tips:

- HOLD THE BUN - order any BURGER KING® sandwich without the bun
- SKIP THE KETCHUP - you'll save three grams of carbs per packet
- AVOID SUGAR - drink diet soft drinks or water instead of regular sodas. Use a low calorie sweetener in your coffee or tea, or drink it plain
- EAT A SIDE SALAD - order a side salad instead of fries
- EMPHASIZE FIBER - Keep foods made with refined flour and sugar to a minimum in your diet. Emphasize complex carbs made from whole grains, also include at least 5 servings a day of fruit and vegetables. (*Our BK VEGGIE® Burger patty is made with whole grains and veggies!*)
- Eat the whole fruit, instead of juice. The whole fruit has less carbs and more fiber!



# Watching Calories?

## BK™ Salads, Fully Loaded:

- TENDERGRILL™ Chicken Garden Salad, KEN'S® Light Italian Dressing w/ Garlic Parmesan Croutons (420 calories)

Here are some ways you can HAVE IT YOUR WAY® and watch your calories!



## Calorie Conscious Choices:

### Under 200 Calories:

- Low Carb Original WHOPPER JR.® w/cheese\*
- Low Carb Original WHOPPER JR.® Sandwich\*
- Low Carb TENDERGRILL® Chicken Sandwich
- Low Carb BK VEGGIE® Burger\*
- Side Salad KEN'S® Light Italian Dressing (2 oz packet)
- Onion Rings - Small
- BK™ Fresh Apple Fries and low fat caramel sauce

\*w/o mayo, ketchup, and bun

### 200-299 Calories:

- Low Carb WHOPPER® Sandwich\*
- Low Carb WHOPPER JR.® Sandwich\* w/ cheese
- Hamburger
- WHOPPER JR.® w/o mayo
- 5 piece CHICKEN TENDERS® w/ Barbecue or Sweet & Sour dipping sauce
- 6 piece BK™ Chicken Fries - no sauce
- Hashbrowns or French Fries- Small
- Ham Omelet Sandwich  
\*w/o mayo, ketchup, and bun
- served w/ lettuce and tomato

### 300-399 Calories:

- CROISSAN'WICH® w/ Egg & Cheese; Bacon, Egg, & Cheese; Ham, Egg, & Cheese; or Sausage & Cheese
- Cini-mini's - no icing
- French Toast Sticks w/o breakfast syrup
- WHOPPER JR.® Sandwich
- WHOPPER JR.® Sandwich w/ cheese & w/o mayo
- Hamburger & BK™ Fresh Apple Fries and low fat caramel sauce
- Cheeseburger & BK™ Fresh Apple Fries and low fat caramel sauce
- Low Carb WHOPPER® Sandwich\* & BK™ Fresh Apple Fries and low fat caramel sauce
- Low Carb WHOPPER® Sandwich w/ cheese\*
- Low Carb BK BIG FISH™ w/ tartar sauce
- BK VEGGIE® Burger w/o mayo
- 5 piece CHICKEN TENDERS® w/ Ranch, or Honey Mustard dipping sauce
- 5 piece CHICKEN TENDERS® w/ HERSHEY® S low-fat milk or orange juice
- 6 piece CHICKEN TENDERS® w/ Barbecue or Sweet & Sour dipping sauce
- 6 piece BK™ Chicken Fries w/ Buffalo Sauce
- Onion Rings or French Fries - Medium

\*w/o mayo, ketchup, and bun

### 400-499 Calories:

- CROISSAN'WICH® w/ Sausage, Egg, & Cheese
- French Toast Sticks w/ breakfast syrup
- Hamburger w/ small onion rings
- Hamburger w/ HERSHEY® S low-fat milk or orange juice
- Low Carb WHOPPER® Sandwich\* & small onion rings
- Low Carb WHOPPER® Sandwich\* w/ cheese & BK™ Fresh Apple Fries and low fat caramel sauce
- WHOPPER JR.® Sandwich w/ cheese
- WHOPPER JR.® Sandwich w/ cheese w/o mayo & BK™ Fresh Apple Fries and low fat caramel sauce
- Cheeseburger w/ HERSHEY® S low-fat milk or orange juice
- Double Hamburger
- TENDERGRILL® Chicken Sandwich, w/o mayo
- BK BIG FISH® w/o Tartar Sauce
- Original Chicken Sandwich w/o mayo
- 5 piece CHICKEN TENDERS®, small fries
- 8 piece CHICKEN TENDERS® w/ Honey Mustard dipping sauce

\*w/o mayo, ketchup, and bun

• served w/ lettuce and tomato

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## Calorie Cutting Tips:

**CUT THE MAYO** - order your sandwiches with mustard instead of mayo.

**USE LITTLE DRESSING** - Pour just a little salad dressing on your salad, just enough for taste!

**GET A SIDE SALAD** - order a side salad with your sandwich instead of fries (use lower calorie dressings).

**AVOID SUGAR-ADDED DRINKS** - drink diet soft drinks or water instead of regular sodas. Use low-calorie sweetener in your coffee or tea, or drink it plain.

For more information visit [www.bk.com](http://www.bk.com) or call (305) 378-3535

## **EXHIBIT D**

What's Your Eating Strategy? Stay calorie conscious and eat like a

King!

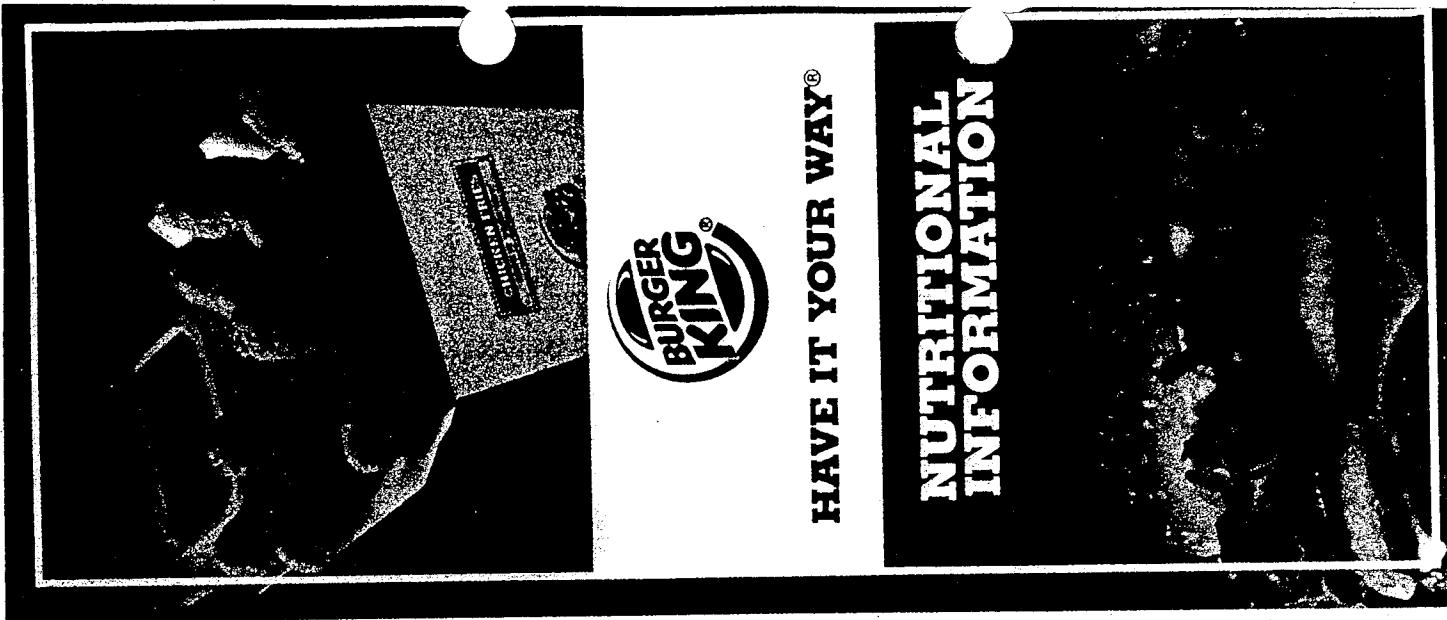
HAVE IT YOUR WAY® Eating Strategies with great-tasting fire-grilled food at BURGER KING® restaurants.

Try these menu ideas for you and your kids!	Calories	Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Protein (g)	Fiber (g)	Sodium (mg)
KRAFT® Macaroni and Cheese	180	7	2	0	15	8	0	460
CHICKEN TENDERS® 5 pc w/ Sweet and Sour Dipping Sauce	275	14	3.5	2	35	15	1	595
WHOPPER JR.® Sandwich w/o mayo	290	12	4.5	0	35	16	2	500
Ham Omelet Breakfast Sandwich	290	13	4.5	0	85	13	1	870
TENDERGRILL® Chicken Sandwich w/o mayo	400	7	1.5	0	70	36	4	1090
TENDERGRILL™ Chicken Garden Salad w/ KEN'S® Lite Italian Dressing & Croutons	420	22	5	0	80	35	4	1270
BK VEGGIE® Burger	420	16	2.5	0	10	23	7	1100
WHOPPER® Sandwich w/o mayo	520	23	9	1	65	28	3	880
<b>Suggested Side:</b>								
Side Salad w/ $\frac{1}{2}$ packet of KEN'S® Lite Italian Dressing	80	6	1	0	0	1	2	230
BK Fresh™ Apple Fries with caramel sauce	60	0	0	0	0	0	1	25
<b>Suggested Beverage:</b>								
MINUTE MAID® Apple Juice	100	0	0	0	0	0	0	15
MINUTE MAID® Orange Juice	140	0	0	0	0	0	0	20
NESTLE® PURE LIFE® Water, DIET COKE® or BK JOE® Coffees	0-5	0	0	0	0	0	0	0-35

<b>Quick Nutrition Guide</b>			
<b>Age Groups:</b>	<b>Calories:</b>	<b>Fat: 25-35% calories</b>	<b>Sodium:</b>
<b>Kids age 4-8</b>	<ul style="list-style-type: none"> <li>• 1200 -2000 calories / day</li> <li>• Determined by age, gender, and activity level</li> </ul>	<ul style="list-style-type: none"> <li>• 33g -46g of fat daily for LOW end of this calorie range</li> <li>• 55g – 77g of fat daily for HIGH end for this calorie range</li> </ul>	<ul style="list-style-type: none"> <li>• Limit to 1900 mg a day</li> </ul>
<b>Kids age 9-13</b>	<ul style="list-style-type: none"> <li>• 1400 - 2600 calories / day</li> <li>• Determined by age, gender, and activity level</li> </ul>	<ul style="list-style-type: none"> <li>• 38g -54g of fat daily for LOW end of this calorie range</li> <li>• 72g – 100g of fat daily HIGH end for this calorie range</li> </ul>	<ul style="list-style-type: none"> <li>• Limit to 2200 mg a day</li> </ul>
<b>Adults and teens (<math>\geq 14</math> years)</b>	<ul style="list-style-type: none"> <li>• 2000 calories a day is the average daily energy requirement</li> <li>• Determined by age, gender, and activity level</li> </ul>	<ul style="list-style-type: none"> <li>• 55g – 77g of fat for this calorie level</li> </ul>	<ul style="list-style-type: none"> <li>• Limit to 2300 mg a day</li> </ul>

These recommendations are based on: *American Heart Association®*, *2005 US Dietary Guidelines*, and *Dietary Reference Intakes (DRIs)*.

## **EXHIBIT E**



**What's Your Eating Strategy?** Stay calorie conscious and eat like a king!  
HAVE IT YOUR WAY® Eating Strategies with Great-Tasting Fire-Grilled Food at BURGER KING® restaurants.

	Calories	% Daily Value*	Calories	Saturated Fat2 (g)	% Daily Value1	Calories	% Daily Value
BIG WHOPPER® Sandwich	290	12%	150	4.5	23%	40	100
WHOPPER JR.® Sandwich	255	10%	110	3	16%	35	9%
Hamburger	330	14%	220	5	25%	90	13%
TENDER GRILL® Bacon Double Stacker	420	17%	220	5	27%	80	12%
The Angus Steak Burger	510	21%	220	3.5	17%	75	11%
TENDER CRISP® Chicken Sandwich	420	17%	220	2.5	13%	10	1%
Spicy CHICK N CRISP® Sandwich	510	22%	240	14	43%	80	8%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. <sup>1</sup>Saturated Fat does not include Trans Fat.

**Quick Nutrition Guide**

	Age 2-10 Years	Age 11-18 Years
Kids age 4-8	<ul style="list-style-type: none"> <li>1200 - 2000 calories / day</li> <li>Determined by age, gender, and activity level</li> </ul>	<ul style="list-style-type: none"> <li>330 - 460 g of fat daily for LOW end of this calorie range</li> <li>550 - 770 g of fat daily for HIGH end of this calorie range</li> <li>Limit to 1900 mg a day</li> </ul>
Kids age 9-12	<ul style="list-style-type: none"> <li>1400 - 2000 calories / day</li> <li>Determined by age, gender, and activity level</li> </ul>	<ul style="list-style-type: none"> <li>360 - 540 g of fat daily for LOW end of this calorie range</li> <li>720 - 1080 g of fat daily HIGH end for this calorie range</li> <li>Limit to 2200 mg a day</li> </ul>
Adults and teens	<ul style="list-style-type: none"> <li>2000 calories a day is the average daily energy requirement</li> <li>Determined by age, gender, and activity level</li> </ul>	<ul style="list-style-type: none"> <li>55g - 77g of fat for this calorie level</li> <li>Limit to 2300 mg a day</li> </ul>

These recommendations are based on: American Heart Association®, 2005 US Dietary Guidelines, and Dietary Reference Intakes (DRIs).

Calorie needs vary from person to person by age, gender and activity level. For information on you or your child's specific dietary and physical activity recommendations, please visit:  
<http://www.mypyramid.gov> US Dietary Guidelines for Americans 2005 recommendations can be found at [http://www.health.gov/dietary\\_guidelines/dga2005/recommendations.htm](http://www.health.gov/dietary_guidelines/dga2005/recommendations.htm). Additional Dietary Guidelines for Healthy Children can be found at [http://www.health.gov/dietary\\_guidelines/dga2005/healthieryou/html/chapter12.html](http://www.health.gov/dietary_guidelines/dga2005/healthieryou/html/chapter12.html).

For meal combinations available at BURGER KING® restaurants, or to customize your burger, sandwich, or salad to HAVE IT YOUR WAY®, please visit our website at <http://www.bk.com> in our Nutrition Section go to "Build-A-Meal".

- Be mindful of excess calories to help maintain or lose weight. Using less salad dressing or dipping sauces, or ordering your sandwich without or less mayonnaise is a good way to cut calories.
- Being fit like a king means eating the appropriate amount of daily calories and being physically active too! So pick your favorite activity and go for it!! Try to be physically active at least 30 minutes every day of the week.

## SANDWICH CONTENTS

**WHOPPER® Sandwich:** 100% Beef patty, sesame seed bun, tomato slices, lettuce, pickle slices, onion, mayonnaise, ketchup.

**WHOPPER JR.® Sandwich:** 100% Beef patty, sesame seed bun, tomato slice, lettuce, pickle slices, onion, mayonnaise, ketchup.

**Hamburger:** 100% Beef patty, sesame seed bun, pickle slices, mustard, ketchup. (Available with cheese and in Double and Triple sizes)

**BK™ Double Stacker:** 100% Beef patties, sesame seed bun, bacon slices, American Cheese, Slacker Sauce. (Available in Triple and Quad sizes)

**The Angus Steak Burger:** Angus Steak Burger beef patty, corn dusted bun, tomato slices, lettuce, raw white onion slices, steak sauce and mayonnaise.

**TENDER GRILL® Chicken Sandwich:** Fire-grilled whole muscle chicken breast filet, sesame seed bun, tomato slices, lettuce, and mayonnaise.

**TENDER CRISP® Chicken Sandwich:** Whole muscle breaded chicken breast, corn dusted bun, tomato slices, lettuce, mayonnaise.

**Spicy CHICK N CRISP® Sandwich:** Spicy breaded chicken patty, sesame seed bun, lettuce, mayonnaise.

**Original Chicken Sandwich:** Breaded chicken patty, specialty bun, lettuce, mayonnaise.

**BK BIG FISH® FILET:** Breaded fish fillet, corn-dusted bun, lettuce, tartar sauce.

**BK VEGGIE® Burger:** Morningstar Farms® Veggie Burger patty, sesame seed bun, tomato slice, lettuce, mayonnaise and ketchup. (This is NOT a vegan product.)

## SIDE ITEMS/SALAD

**Garden Side Salad:** iceberg lettuce, tomato slice, baby carrots.

**Garden Salad Base:** Romaine lettuce, tomato slices, baby carrots, three-cheese blend (Monterey Jack, Mozzarella & Cheddar).

## BREAKFAST SANDWICHES

### CROISSANT®

**w/ Egg & Cheese:** Croissant, Egg Omelet, American Cheese

**w/ Sausage & Cheese:** Croissant, Sausage Patty, Egg Omelet, American Cheese

**w/ Sausage, Egg & Cheese:** Croissant, Sausage Patty, Egg Omelet, American Cheese

**w/ Double Sausage, Egg & Cheese:** Croissant, Sausage Patty, Egg Omelet, American Cheese

**w/ Double Bacon, Egg & Cheese:** Croissant, Ham, Egg Omelet, Bacon, Egg Omelet, American Cheese

**w/ Sausage, Bacon, Egg & Cheese:** Croissant, Sausage Patty, Bacon, Egg Omelet, Bacon, Egg Omelet, American Cheese

**w/ Ham, Bacon, Egg & Cheese:** Croissant, Ham, Bacon, Egg Omelet, Bacon, Egg Omelet, American Cheese

**w/ Ham, Sausage, Egg & Cheese:** Croissant, Sausage Patty, Egg Omelet, American Cheese

**ENORMOUS OMELET Breakfast Sandwich:** Specialty Bun, Egg Omelet, Bacon, Sausage, American Cheese

**Ham Omelet Sandwich:** 4" Seeded Bun, Ham, Cheese, Egg Omelet, Honey Butter Sauce

**Fresh Toast Kid's Meal French Toast Sticks (5 ea), MOTT'S® Strawberry Apple Sauce, 1% Lowfat Milk, Breakfast Syrup**

## CONTENTS (Continued)

CONTENTS (Continued)

BEEF, CHICKEN AND FISH:

**SESAME SEED BUNS:**

Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour Or Alpha Amylase From Aspergillus Orzae, Niacin, Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Ascorbic Acid), Water, High Fructose Corn Syrup Or Liquid Sucrose, Yeast, Vegetable Oil (Canola And/or Soy Or Soybean And/or Cottonseed Oil), May Contain 2% Or Less Of The Following: Salt, (Vital) Wheat Gluten, Soy Flour, Corn Starch, Yeast Nutrient (May Contain One Or More Of The Following: Ammonium Sulfate, Monocalcium Phosphate, Calcium Sulfate, Calcium Carbonate), Dough Conditioners (May Contain One Or More Of The Following: Wheat Starch, Microcrystalline Cellulose, Saccharin, Sodium Chloride, Magnesium Stearate, Distilled Monolycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Acidicarnosanamide, Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Calcium Perteroxide, Calcium Stearyl-2-Lactylate, Datein, L-Cysteine), Enzymes, Preservatives (Lacticum Propionate And/or Sorbic Acid), Vinegar, Sesame Seeds. Does not contain animal ingredients. Contains: **Wheat and Soy.**

BYING

SOCIALITY B11.

Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Iron, Thiamine Mononitrate, Vitamin E), Yeast, Salt, Dextrose, Sorghum Liquefied Malt, Yeast Nutrient (May Contain One or More of The Following: Ammonium Sulfate, Monocalcium Phosphate, Magnesium Oxide, Yeast Extract, Yeast Nutrient (May Contain One or More of The Following: Ascorbic Acid, Ascorbic Acid, Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Enzymes, Preservatives (Calcium Propionate and/or Sorbic Acid). Does not contain animal ingredients. Contains: Wheat and Soy.

**Calcium Sulfate, Calcium Carbonate, Dicalcium Sulfate**  
**Conditioners (May Contain One or More Of The Following):** Wheat Starch, Microcrystalline Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Mono- and Diglycerides, Sodium Stearyl Lactate, Ascorbic Acid, Acetylated Mono- And Diglycerides, Thiomersal, Mono- And Diacetyl Tartaric Acid, Calcium Stearyl 2-Lactylate, Datein, Enzymes, Preservatives (Sodium Propionate And/or Sorbic Acid), Sesame Seeds Cellulose Gel, Leavening Agent, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Potassium Phosphate, Does not contain animal

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<b>WHOPPER® &amp; HAMBURGER PATTIES</b>	100% USDA Inspected Ground Beef (Fire-Grilled).
<b>ANGUS STEAK BURGER PATTY:</b>	Angus Beef Seasoning [Encapsulated Salt (Salt, Partially Hydrogenated Soybean Oil) Flavors, Balsamic Stock, Silicon Dioxide (Fire-Grilled), Soy Lecithin as a processing aid.
<b>TENDERGRILL® CHICKEN FILET:</b>	Chicken Breast with Rib Meat Water, Seasoning (Mattoedarin, Salt, Sugar, Autolyzed Yeast Extract, Powder, Spices, Natural Flavors, Onion Powder, Maltodextrin, Corn Starch, Chicken Fat, Chicken Powder, Chicken Broth, Disodium Guanylate and Disodium Inosinate, Citric Acid, Partially Hydrogenated Soybean Oil, Dehydrated Garlic, and Artificial Flavors], Modified Corn Starch, Soybean Oil, Salt, Sodium Phosphates, Glu-Starch, Water, Seasoning (Mattoedarin, Salt, Sugar, W/H-Water, Mattoedarin, Salt, Sugar, Maltodextrin, Autolyzed Yeast Extract, Partially Hydrogenated Sunflower Oil, Modified Peanut Butter, Fructose, Partially Hydrogenated Soybean Oil, Garlic Powder, Onion Powder, Dehydrated Garlic, Spices, Modified Corn Starch, Xanthan Gum, Natural Flavor, Disodium Guanylate and Disodium Inosinate, Chic-Fat, Carmel Color, Grill Flavor (from Partially Hydrogenated Soybean and Cottonseed Oil), Check Powder, Chicken Broth, Turmeric, Smoke Flavor, Artificial Flavors], Soybean Oil.

REF ID: A3420

Conditioned oil. May Contain 2% or Less Of The  
Flour, Wheat Gluten, Soy Flour,  
Peppermint Gum, Cellulose Gum, Corn Meal, Corn  
Starch, Corn Flour, Yeast Nutrient (May Contain One Or  
More Of The Following: Ammonium Sulfate, Calcium  
Bicarbonate, Calcium Phosphate, Calcium Sulfate, Calcium  
Carbonate) Dough Conditioners (May Contain One Or

Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Monoglycerides, Sodium Stearyl Acetate, Ascorbic Acid, Acetocitarnate, Mono- And Diglycerides, Enhydroated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Enzymes, Preservatives (Calcium Propionate and/or Sorbic Acid). Does not contain animal ingredients. Contains: Wheat and Soy.

(Sodium Bicarbonate, Sodium Aluminum Phosphate,

BUTTER CHICKEN CHICKEN (Sri Lankan)

Digitized by srujanika@gmail.com

CHICKEN TENDERS® (Fred)

BK BIG FISH® FILET (Fried);

VISITORS' PREFERENCE AND SIDE ITEM'S

Supplied by Morningstar Farms - Vegetables (Mushrooms, Water Chestnuts, Onions, Carrots, Green Bell Peppers, Red Bell Peppers, Black Olives), Tertified Vegetable Protein (Soy Protein Concentrate, Wheat Gluten, Water for hydration), Egg Whites, Cooked Brown Rice (Water, Brown Rice), Almonds, Corn Oil, Calcium Caseinate, Soy Sauce (Water, Soybeans, Salt, Wheat), Onion Powder, Corn Starch, Salt, Hydrolyzed Corn, Soy, and Wheat Protein, Authorized Yeast Extract, Natural Flavors from non-meal sources, Sugar, Soy Protein Isolate, Spices, Garlic Powder, Dextrose, Celery, Pepper Powder, Celery Extract, Contains: Egg, Wheat, Milk and Soy. The party is NOT cooked on equipment with meat or poultry produced. This is a vegan product.



**CONTENTS (Continued)**

CROISSANT (CROISSANT WICH <sup>®</sup> ): Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Skim Milk, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oils, Milk, Salt, Mono- and Diglycerides, Sodium Bicarbonate [Preservative]), Annatto (Color), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less: Salt, Calcium Propionate (preservative), Soy Lecithin, Egg Yolks, Corn Syrup, Wheat Gluten, Sodium Caseinate, Whey Protein, Soy Flour. Contains: Egg, Milk, Soy and Wheat.	Bleached Enriched Flour (Bleached Flour, Niacin, Folic Acid, Water, Margarine (Partially Hydrogenated Vegetable Oil [Soybean, Cottonseed]), Water, Nonfat Milk, Cultured Nonfat Milk, Salt, Mono- and Diglycerides, Soy Lecithin, Vitamin E, Palmite, Artificial Color), Sugar, High Fructose Corn Syrup, Partially Hydrogenated Vegetable Oil (Soybean, Cottonseed) Dextrose, Cinnamon, Eggs, Molasses, Vital Wheat Gluten, Whey, Yeast, Salt, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Sodium Caseinate Modified Tapioca Starch, Dateem, Mono- and Diglycerides, Natural and Artificial Flavor, Artificial Color, Nonfat Milk, Soy Lecithin, Calcium Phosphate, Calcium Oxide, Acodicarboxamide, L-Cysteine Hydrochloride, Ascorbic Acid. Contains: Wheat, Milk, Egg and Soy Lactose.
CIN-MIN'S:	
VANILLA ICING:	
FRENCH TOAST STICKS (Fried):	
DR PEPPER <sup>®</sup> :	
SPRITE <sup>®</sup> :	
DIET COKE <sup>®</sup> :	
ICEE <sup>®</sup> - COCA COLA CLASSIC <sup>®</sup> :	
ICEE <sup>®</sup> - MINUTE MAID <sup>®</sup> CHERRY:	
<b>FRIED PRODUCTS:</b>	
French Fries are cooked in a fryer designated for French Fries only.	
These products are fried in a shared fryer: BK BIG FISH <sup>®</sup> Filet, Pork Sausage, TENDERCRISP <sup>®</sup> Chicken, CHICKEN TENDERS <sup>®</sup> , BK <sup>™</sup> Chicken Fries, Original Chicken Party, Spicy CHICK'N CRISP <sup>™</sup> Party, Hot Browns, CHEESY STICKS <sup>™</sup> Potatoes, French Toast Sticks, French Toast Sandwich Bread, and Onion Rings. Currently we use PARTIALLY HYDROGENATED SOYBEAN OIL in our frys which does contain trans fats. However, some BURGER KING <sup>®</sup> restaurants may be using a trans fat free vegetable oil. Foods that contain partially hydrogenated vegetable oil in the ingredient statement usually contain some trans fats.	
<b>FOOD ALLERGEN INFORMATION</b>	
Please note:	
This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication, September, 2007. Test or Regional products have not been included. The information on this list is reported to us by our suppliers and is based on Burger King Corporation's standard product formulations. Variations may occur depending on the supplier and on product assembly on a restaurant-by-restaurant basis. Product formulations may change periodically. We continue to update this list to reflect changes that occur in our products.	
Burger King Corporation, its franchisees, and employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your healthcare practitioner for questions regarding your diet. We encourage anyone with food sensitivities, allergies or special dietary needs to check <a href="http://www.bk.com">www.bk.com</a> on a regular basis to obtain the most up-to-date information about our food before you order. If you have specific questions about our menu, call:	
(305) 778-3535 Monday-Friday 9 a.m.-5 p.m. ET or mail inquiries: Burger King Corporate Office Attn: Consumer Relations Department 5505 Blue Lagoon Drive Miami FL 33126	

**NUTRITIONAL INFORMATION – for most current information please visit [www.bk.com](http://www.bk.com)**

WHOPPER <sup>®</sup> Sandwiches	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
WHOPPER <sup>®</sup> Sandwich	670	39	11	1.5	95	1020	51	3	11	28	290
WHOPPER <sup>®</sup> Sandwich w/o Mayo	510	22	9	1	80	880	51	3	11	28	269
WHOPPER <sup>®</sup> Sandwich with Cheese	760	47	16	1.5	115	1450	52	3	11	33	315
WHOPPER <sup>®</sup> Sandwich with Cheese w/o Mayo	600	30	14	1.5	100	1310	52	3	11	32	294
DOUBLE WHOPPER <sup>®</sup> Sandwich	900	57	19	2	175	1090	51	3	11	47	373
DOUBLE WHOPPER <sup>®</sup> Sandwich w/o Mayo	740	39	17	2	160	950	51	3	11	47	352
DOUBLE WHOPPER <sup>®</sup> Sandwich with Cheese	990	64	24	2.5	195	1520	52	3	11	52	398
DOUBLE WHOPPER <sup>®</sup> Sandwich with Cheese w/o Mayo	830	47	22	2	180	1380	52	3	11	52	376
TRIPLE WHOPPER <sup>®</sup> Sandwich	1130	74	27	3	255	1160	51	3	11	67	456
TRIPLE WHOPPER <sup>®</sup> Sandwich w/o Mayo	880	57	24	2.5	240	1020	51	3	11	66	434
TRIPLE WHOPPER <sup>®</sup> Sandwich With Cheese	1230	82	32	3.5	275	1590	52	3	11	71	480
TRIPLE WHOPPER <sup>®</sup> Sandwich With Cheese w/o Mayo	1070	65	29	3	260	1450	52	3	11	71	459
WHOPPER JR. <sup>®</sup> Sandwich	370	21	6	0.5	50	490	31	2	6	15	147
WHOPPER JR. <sup>®</sup> Sandwich w/o Mayo	290	12	4.5	0	40	490	31	2	6	15	133
WHOPPER JR. <sup>®</sup> Sandwich with Cheese	410	24	8	1	60	780	32	2	6	18	170
WHOPPER JR. <sup>®</sup> Sandwich with Cheese w/o Mayo	330	16	7	0.5	55	710	31	2	6	17	149
Bacon (1 Strip)	15	1	0	0	5	50	0	0	0	1	2.5
Fire-Grilled Burgers	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Hamburger	290	12	4.5	0	40	560	30	1	6	15	121
Double Hamburger	330	18	7	0.5	55	780	31	1	6	17	133
Double Hamburger	410	21	9	1	85	600	30	1	6	25	164

**NUTRITIONAL INFORMATION (continued)**

Fire-Grilled Burgers (cont.)	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Double Cheeseburger	500	29	14	1.5	105	1030	31	1	6	30	189
BKT™ Double Stacker	610	39	16	1.5	125	1100	32	1	5	34	190
BKT™ Triple Stacker	800	54	23	2	185	1450	33	1	5	48	250
BKT™ Quad Stacker	1000	68	30	3	240	1800	34	1	6	62	311
The Angus Steak Burger	640	33	10	1.5	185	1260	55	3	10	33	273
Chicken, Fish, & Veggie	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
TENDERGRILL® Chicken Sandwich	510	19	3.5	0.5	75	1180	49	4	7	37	253
TENDERGRILL® Chicken Sandwich w/o Mayo	400	7	1.5	0	70	1090	49	4	7	36	244
TENDERCRISP® Chicken Sandwich	790	44	8	4	70	1640	68	5	9	33	284
Original Chicken Sandwich	660	40	8	2.5	70	1440	52	4	5	24	219
Original Chicken Sandwich w/o Mayo	450	17	4	2	50	1250	52	4	5	23	190
Spicy CHICK'N CRISP™ Sandwich	480	31	5	2	45	870	36	1	4	15	144
Spicy CHICK'N CRISP™ Sandwich w/o Mayo	320	13	2.5	1.5	30	730	36	1	4	15	122
CHICKEN TENDERS® Kid's Meal 4 pc	170	10	2.5	1.5	25	480	11	0	0	9	62
CHICKEN TENDERS® 5 pc	210	12	3	2	35	600	13	0	0	12	77
CHICKEN TENDERS® Big Kid's Meal 6 pc	250	15	3.5	2.5	40	720	16	0	0	14	92
CHICKEN TENDERS® 8 pc	340	20	5	3	55	960	21	<1	1	19	123
Barbecue Dipping Sauce (1 oz)	40	0	0	0	0	310	11	0	10	0	28
Honey Mustard Dipping Sauce (1 oz)	90	6	1	0	10	180	8	0	7	0	28
Sweet and Sour Dipping Sauce (1 oz)	45	0	0	0	0	55	11	0	10	0	28
Ranch Dipping Sauce (1 oz)	140	15	2.5	0	5	95	1	0	1	1	28
BKT™ CHICKEN FRIES 6 pc	260	15	3.5	3	35	650	18	2	1	12	85
BKT™ CHICKEN FRIES 9 pc	390	23	5	4.5	50	980	26	3	1	18	128
BKT™ CHICKEN FRIES 12 pc	520	31	7	6	65	1300	35	4	2	25	170
Buffalo Dipping Sauce (1 oz)	80	8	1.5	0	5	350	2	0	1	0	28
BK BIG FISH&Sandwich	640	32	6	2.5	65	1450	67	3	9	24	249
w/o Tartar Sauce	470	13	3	2	50	1240	65	3	7	23	220
BK VEGGE® Burger**	420	16	2.5	0	10	1100	46	7	8	23	215
BK VEGGE® Burger** w/ Cheese	470	20	5	0	20	1320	47	7	9	25	228
BK VEGGE® Burger** w/o Mayo	340	8	1	0	0	1030	46	7	8	23	205
Side Orders	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
MOTT'S® Strawberry Flavored Apple Sauce	90	0	0	0	0	0	23	<1	21	0	113
Onion Rings - Small	140	7	1.5	1	0	210	18	2	2	2	43
Onion Rings - Medium	310	15	3.5	2.5	0	440	37	3	4	4	91
Onion Rings - Large	440	22	4.5	4	0	620	53	5	6	6	130
Onion Rings - King	500	25	5	4.5	0	720	62	5	7	7	150
Zesty Onion Ring Dipping Sauce (1 oz)	150	15	2.5	0	15	210	13	<1	2	0	28
CHEESY TOTS™ Potatoes - Small (6 pc)	210	12	4.5	2	20	650	20	2	1	7	77
CHEESY TOTS™ Potatoes - Medium (9 pc)	320	18	7	3	30	970	30	2	2	10	115
CHEESY TOTS™ Potatoes - Large (12 pc)	430	24	9	4	40	1300	40	3	2	14	153
French Fries - Small (Salted)	230	13	3	3	0	380	16	2	1	2	74
French Fries - Medium (Salted)	360	20	4.5	4.5	0	590	41	4	1	4	116
French Fries - Large (Salted)	500	28	6	6	0	820	57	5	1	5	160
French Fries - King (Salted)	600	33	8	7	0	990	69	6	2	6	194
French Fries - Small (Salt not added)	230	13	3	3	0	240	16	2	1	2	74
French Fries - Medium (Salt not added)	360	20	4.5	4.5	0	380	41	4	1	4	116
French Fries - Large (Salt not added)	500	28	6	6	0	530	57	5	1	5	160
French Fries - King (Salt not added)	600	33	8	7	0	640	69	6	2	6	194
Salads (w/out dressing or garlic parmesan croutons)	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Side Garden Salad	15	0	0	0	0	0	3	1	1	1	98
TENDERGRILL® Chicken Garden Salad	240	9	3.5	0	80	720	8	4	3	33	292
TENDERCRISP® Chicken Garden Salad	410	22	6	3.5	70	1080	26	5	5	29	306
Garden Salad (no chicken)	90	5	2.5	0	15	125	7	3	3	5	184
Salad Dressings & Toppings & Condiments	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
KEN'S® Light Italian Dressing (2 oz)	120	11	1.5	0	0	440	5	0	4	0	57
KEN'S® Ranch Dressing (2 oz)	190	20	2	0	20	560	2	0	1	1	57
KEN'S® Creamy Caesar Dressing (2 oz)	210	21	4	0	25	610	4	0	3	3	57
KEN'S® Honey Mustard Dressing (2 oz)	270	23	3	0	20	520	15	0	14	1	57
KEN'S® Fat Free Ranch Dressing (2 oz) (Restaurant Option)	60	0	0	0	0	740	15	2	5	0	57
Garlic Parmesan Croutons	60	2	0	0	0	120	9	0	1	1	14
Ketchup (Packet)	10	0	0	0	0	125	3	0	2	0	10
Mayonnaise (Packet)	90	9	0.5	0	10	75	1	0	0	0	12
Desserts	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Dutch Apple Pie	300	13	3	3	0	270	45	1	23	2	108
HERSHEY'S® Sundae Pie	310	19	12	0	10	220	42	1	22	4	79
Breakfast	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
CROISSAN'WICH® Egg & Cheese	300	17	6	2	145	740	26	<1	5	12	115
CROISSAN'WICH® Sausage & Cheese	370	25	9	2	50	810	23	<1	6	14	106
CROISSAN'WICH® Sausage, Egg & Cheese	470	32	11	2.5	180	1060	26	<1	5	19	159
CROISSAN'WICH® Ham, Egg & Cheese	340	18	6	2	160	1230	26	<1	6	18	149
CROISSAN'WICH® Bacon, Egg & Cheese	340	20	7	2	155	890	26	<1	5	15	122
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese	680	51	18	3	220	1590	26	1	6	29	215
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese	430	27	10	2	175	1250	27	<1	6	21	142
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese	420	23	9	2	185	2210	27	1	7	27	196
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese	550	39	14	2.5	200	1420	27	1	6	25	179
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese	420	24	9	2	180	1600	27	<1	7	24	169

**NUTRITIONAL INFORMATION (continued)**

Breakfast (cont.)	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
DOUBLE CROISSANT'WICH™ w/ Ham, Sausage, Egg, & Cheese	550	37	14	2.5	205	2040	27	1	6	28	206
Enormous Omelet Sandwich	730	45	16	1	330	1940	44	2	8	37	266
Ham Omelet Sandwich	330	14	5	0	90	1130	35	1	9	16	139
Sausage Biscuit	390	26	8	5	35	1020	28	1	2	12	118
Ham, Egg, & Cheese Biscuit	390	22	7	5	145	1410	31	1	4	16	156
Sausage, Egg, & Cheese Biscuit	530	37	12	6	175	1490	31	1	4	20	183
Bacon, Egg & Cheese Biscuit	410	25	8	5	150	1320	31	1	4	16	146
Hash Browns - Small	260	17	4.5	5	0	500	25	2	0	2	84
Hash Browns - Medium	430	28	8	9	0	830	42	4	0	4	140
Hash Browns - Large	620	40	11	13	0	1200	60	6	1	5	202
CHEESY TOTS™ Potatoes - See Side Orders											
Cini-minis	390	18	5	4	20	560	51	2	19	7	108
Vanilla Icing (for Cini-minis)	110	3	0.5	0.5	0	40	21	0	20	0	28
French Toast Sticks (3 piece)	240	13	2.5	2	0	260	26	1	6	4	65
French Toast Sticks (5 piece)	390	22	4.5	3	0	440	43	2	9	7	109
French Toast Kid's Meal (with syrup)	680	24	6	3	10	590	100	3	55	15	494
Grape Jam	30	0	0	0	0	0	7	0	6	0	12
Strawberry Jam	30	0	0	0	0	0	7	0	6	0	12
Breakfast Syrup	80	0	0	0	0	20	21	0	14	0	28
Shakes, Milk, & Iced Coffee	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Mocha BK JOE® Iced Coffee	380	10	6	0	40	290	66	1	63	6	452
HERSHEY'S® 1% Low Fat Milk	110	2.5	1.5	0	10	130	13	0	12	8	244
HERSHEY'S® 1% Low Fat Chocolate Milk	180	2.5	1.5	0	15	140	31	1	29	9	250
Vanilla Milk Shake - Small	400	15	9	0	60	240	57	0	55	8	296
Vanilla Milk Shake - Medium	560	21	13	0.5	85	330	79	<1	77	11	342
Vanilla Milk Shake - Large	820	30	19	1	125	490	117	<1	114	16	608
Chocolate Milk Shake - Small	470	14	9	0	55	320	75	<1	72	8	315
Chocolate Milk Shake - Medium	690	20	12	0	75	480	114	2	110	11	447
Chocolate Milk Shake - Large	950	29	19	0.5	115	640	151	2	146	16	640
Strawberry Milk Shake - Small	460	14	9	0	55	240	73	0	71	7	314
Strawberry Milk Shake - Medium	660	19	12	0	75	330	111	0	109	10	444
Strawberry Milk Shake - Large	930	28	18	0.5	115	490	148	<1	145	15	637
Oreo® Sundae Shake - Vanilla - Small	610	24	16	0.5	60	400	87	1	78	8	351
Oreo® Sundae Shake - Vanilla - Medium	830	33	20	1	85	570	119	2	105	13	479
Oreo® Sundae Shake - Chocolate - Small	680	24	15	0.5	55	480	105	2	95	9	369
Oreo® Sundae Shake - Chocolate - Medium	960	32	20	0.5	75	720	154	3	138	13	515
Oreo® Sundae Shake - Strawberry - Small	660	23	15	0.5	55	380	103	1	94	9	367
Oreo® Sundae Shake - Strawberry - Medium	940	31	19	0.5	75	550	151	2	136	12	512

\*Saturated Fat\* (g): \*Does not include Trans Fat.

BK VEGGIE® Burger\*\*: \*\*Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the requirements of a vegan or vegetarian diet. This product is NOT cooked on any equipment with meat or poultry products.

\*To reduce sodium, you can order french fries without added salt.

**Beverages**

COCA COLA® CLASSIC*					SPRITE®*					DR. PEPPER®*					DIET COKE®*					
Cup Serving Size*	Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King
Calories	110	140	200	290	390	110	140	200	290	390	110	140	200	280	380	0	0	0	0	5
Carbohydrate (g)	30	39	53	79	104	29	39	53	79	104	29	39	52	78	104	0	0	0	0	0
Sugar (g)	30	39	53	79	104	29	39	53	79	104	29	39	52	78	104	0	0	0	0	0
Sodium (mg)	0	0	0	5	10	25	40	45	65	85	25	35	50	70	95	10	15	20	25	35
BK JOE® Regular Coffee					BK JOE® Turbo Coffee					BK JOE® Decaf Coffee					*Cup Serving Sizes (fl. oz)					
Cup Serving Size*	Small	Medium	Large		Small	Medium	Large			Small	Medium	Large			Kids: 12	Small: 16	Medium: 22	Large: 32	King: 42	
Calories	5	10	10		10	10	15			5	5	5								
Carbohydrate (g)	1	1	2		1	2	2			0	0	0								
Sugar (g)	0	0	0		0	0	0			0	0	0								
Sodium (mg)	15	20	25		20	30	40			5	10	10								
Protein (g)	1	1	1		1	1	2			1	1	1								
MINUTE MAID® Apple Juice					MINUTE MAID® Orange Juice					AQUAFINA® Water					ICEE® COCA COLA CLASSIC®					
Cup Serving Size*	6.67 oz.				8 oz.				16 fl. oz.				Small				Small			
Calories	90				140				0				110				110			
Carbohydrate (g)	23				33				0				31				31			
Sugar (g)	21				30				0				31				40			
Sodium (mg)	15				20				0				10				5			
Protein (g)	0				2				0				0				0			
Vitamin C (mg)	60				42				0				0				0			

Beverages \*\*: These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.

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This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication: September 2007. Test or Regional products have not been included. The source of this information is reported to us by our suppliers or is lab tested "as served" by an accredited laboratory. We use ESHA Research Genesis R&D Software to calculate this nutritional data. Variations may occur depending on the season, the supplier and product preparation at your local restaurant. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products. Please check [www.bkc.com](http://www.bkc.com) on a regular basis for the most up-to-date nutritional information.

Note: NYC & Philadelphia Residents: We have changed fry oils to a trans fat free oil in the restaurants in your area. However, some products still contain partially hydrogenated oil in the formulation, and therefore, may have some trans fat. These nutrtionals will not appropriately reflect the level of trans fat in products served in these areas; in many cases, the level of trans fat will be less than reflected in this brochure. These nutrtionals apply to the rest of the U.S. where the fry oil used is partially hydrogenated soybean oil, which does contain trans fat.